

Pregnant..... You Deserve a Doula!

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Congratulations on your pregnancy!

If I told you that there was way to shorten the length of your labor by 25% and reduce the chances of you having a cesarean section by 50% would you want to know more? Of course! And those are just two of the things that having a Doula present at your Labor/Delivery can do for you!

Over thirteen scientific studies have proven that Labor Doula's not only reduce a women's chances of having a cesarean section and shorten a women's labor but also that women have fewer medical interventions, an increased success with breastfeeding, and an increased confidence in their mothering abilities. Father's too report a greater confidence throughout their partner's labor in their ability to help their partners as well as an increased trust in their own parenting abilities!

The word Doula (doo'la) is Greek and means "women's servant". It has now become known more clearly as a woman who is "experienced in childbirth who provides continous physical, emotional, and informational support to the mother before, during, and just after childbirth."

Labor Doula's are usually mother's themselves who have gone through special training in the physical & emotional aspects of labor. There are several certifying organizations throughout the country, perhaps the most well known is DONA: Doula's of North America who has been training and certifying Doula's since 1992.

The Certification process for a Doula may take as long as two years. The certification requirements vary from organization to organization however most require course work, reading, a three day training, essays and research papers and evaluations from three clients, their doctor/midwife, and one of their nurses for whose births you served as their Labor Doula. All of the certifying organizations have a strict code of ethics that all of their Certified Doula's must read, sign, and follow in order to be certified.

So What Can You Expect from a Labor Doula?

As a Certified Labor Doula I meet with you and your partner about three times pre-natally to get to know you both and to provide you with the resources you need to understand and know all of your options regarding your care during your pregnancy, labor/delivery, and postpartum period.

I make myself available to all my clients twenty-four hours a day from the moment they hire me. All a client has to do is call my cell phone and I will answer no matter what the time.

Whenever a Client decides she is ready for me to come to support her in labor I go and stay with her until about an hour after her baby is born. During the labor I may suggest different comfort measures that will help the labor to progress and to help you effectively cope with each stage of your labor. At no time will I speak for you, I will always honor your choices throughout your labor/delivery.

What About the Father?

Sometimes fathers worry that having a Doula will take away from their role during the birth. I recognize, encourage and respect the valuable role father's play during the birth process and I work with the father to provide the support that the mother needs during her labor. I am able to help support the father by explaining why a mother is reacting the way she is to a certain stage of labor and then facilitate his involvement by making suggestions on ways to support his partner.

A father's role is invaluable to the birth process and should never be displaced by a Doula's presence. It is your special time, and as your Doula my goal is to enhance and increase your satisfaction with your birth experience!

I welcome your questions and comments and can be reached at 717-858-0180 or www.blessedbeginningsdoula.com.

Best wishes to you and your special little one that will be here before you know it!